

06.05.2024

Sandy.

3 nights in no sleep. Slept 6am to 8am

Last 4-5 days, unending pain act to clitoris & vagina.

No

? postume undated Rx.

Started Barbeix herbal x 5 capsules (1 cap. 4x5)

* had nightmares of someone in bed in me.

C.R. today.

Jaundice been a bitch last 2 weeks. Maybe I need to a job.

Sends me msgs on w/e + late at night.

- leave me alone. like I'm on call 24/7.

Fi: I'm not good enough.

I know I'm good enough.

But when in pain, I don't cope

21 Apr. Anniversary of Belinda's death (cop) - really hard.

Had a big cry about it at work. (Kerry's death)

People need to know what cops go through.

I want to get off pain relief.

Esther wants me off it

Mind & body. get no respite

Barb. 008 pm. in pain, but not holding. Only lasts 30min.

Completely overwhelmed.

Nightmare

(Swapped bed around 3 days ago)

Felt no covers moving + someone get into bed in me

slide hand across breasts

Rattled, put light on.

Emotions

pinned off; angry situation I'm in is really unfair.

Not improving. Don't know what to do; how to manage.

Listening to hypnosis tape on chronic pain - help?

? paradoxical response

? pain 2^o withdrawal from opiates.

Daridorexant - non-addictive analgesia.

in long term insomnia

Head is at work every day.

Last week - 9 days off. Bliss - I could do my study.

Chaotic

No pain that night, but didn't sleep, but had
cocktail of pain; can sleep in it! want to.

That being at home w/ Ian, so nice.

I was happy & relaxed; at peace; guilt had left me.

as Ian does all the chores when I'm working w/e.

We were both so happy to have time together.

I'm not getting a break. It's not my business.

I'm too available.

Off:

working; got to get this done; that done;

F: I'm always on alert; vigilant.

S: feels like a tightness in central chest; upper
abdo; brain thinking + over thinking; what I need
to do; juggle; fix

Ian's bday - I had to work.

Pissed off all the time. I feel I'm being used.

Don't want to tackle mine while I'm tired.
as can't express myself coherently.